



# FOOD SCOOP

“A Michigan Food & Nutrition Program Edition”

**February 2002**

Issue No. 6

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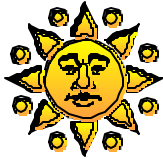
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### NEED ASSISTANCE CALL:

School Meals Program	(517) 373-3347
Food Distribution	(517) 373-8642
Fiscal Reporting	(517) 373-0420
Child & Adult Care Food Program	(517) 373-7391
Fax Number	(517) 373-4022





**Food For Thought**

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Voice: (312) 353-6657  
Fax: (312) 353-4108  
Email: [tamara.earley@fns.usda.gov](mailto:tamara.earley@fns.usda.gov)

## **SUMMER FEEDING PROGRAM**

Last year over 15 million children received lunch free or at reduced price through the National School Lunch Program. Yet sadly, during the summer months, only about 22% of these children receive the nutritious foods available to them through a summer nutrition program. Part of the problem is that there simply are not enough organizations that operate summer feeding sites. To help bridge this gap, the United States Department of Agriculture's Food and Nutrition Service is seeking school districts to operate a free food program for needy children this summer. Sponsoring organizations receive reimbursement for the meals served to children. School sponsors can use the National School Lunch Program meal patterns, including offer versus serve.

In addition, the SFSP is flexible. Organizations can utilize the SFSP to serve meals to children in existing summer activity programs, start a summer activity program for children and include the SFSP, or operate the SFSP on its own, without an activity program.

There is no reason for any child in Michigan to go hungry this summer. If you would like to help feed needy children on your area, please contact us at:

Summer Food Service Program  
U.S. Department of Agriculture  
Food and Nutrition Service  
77 West Jackson Blvd. – 20<sup>th</sup> Floor  
Chicago, Illinois 60604

## **Eat healthfully and stay active**

American Dietetic Association urges parents to be best possible role models for their children

For Immediate Release

January 1, 2002

Media contact: Lori Ferme, Bridget McManamon,  
Tom Ryan

800-877-1600, 4802, 4769, 4894

CHICAGO -- Ever think your children aren't paying attention to you? Well, they are. They want to emulate you in every way. Set a good example for them by eating healthfully and staying active.

"Childhood nutrition is so important. And children learn by example. By incorporating lots of vegetables, fruits and whole grains into their diets, parents can be a great role model for good nutrition," says Jeff Hampl, a Phoenix registered dietitian and American Dietetic Association spokesperson.

March is National Nutrition Month®, and the 2002 theme is "Start Today for a Healthy Tomorrow." According to Hampl, that's good advice for parents and their children.

"At the supermarket and in the kitchen, allow your children to choose their favorite vegetable at the grocery store or have them help with dinner. You're giving them a great foundation for their long-term health."

Hampl suggests creating family meals based on a wide range of vegetables, fruits, whole grains, beans, lean meats and low-fat dairy products.

"Studies show that incorporating good nutrition at an early age can have many positive effects on your short- and long-term health. Make healthy eating a

family affair," Hampl says.

Each day during the month of March and beyond, Hampl suggests families decrease the time spent watching TV or playing video games. "Instead get your kids involved in a healthy and active lifestyle." Hampl offers tips on how parents can encourage their children to eat healthfully:

- Page through a cookbook together for a new recipe for a vegetable or fruit dish.
- Have your kids assist in helping to make dinner. "Even if it's just stirring or pouring, children want to feel like they're a part of the process. And they are more likely to want to eat what they helped make," Hampl says.
- Offer kids a variety of healthy snacks after school.
- Whenever possible, make meals a family affair. Enjoy your time together.

Some activities parents and children can take part in together:

- Throw a Frisbee to each other or the dog.
- Ride bikes together after dinner and on the weekend.
- Take a long walk after dinner to help burn off calories. It's a great time to talk, too.
- Learn a new sport. Try tennis, yoga, pilates or a new dance.
- Try sledding, ice skating or skiing.
- Go horseback riding with your family.

With nearly 70,000 members, the Chicago-based American Dietetic Association is the nation's largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition and well-being. National Nutrition Month®, created in 1973 and celebrated in March, promotes healthful eating and provides practical nutrition guidance.

For more information, including how to reach a registered dietitian in your area, call 800/366-1655 or visit [www.eatright.org](http://www.eatright.org)

## **Statewide Training classes in your area**

### **Host a Class**

Follow the 6 easy steps below to host a class in your area:

1. Decide what class you want to host.

**T** A list of available classes is listed in the Statewide Training directory that all food service directors receive an updated copy every Fall.

**T** Ask your employees what classes they are interested in.

**T** Call other districts to see what their training needs are.

2. Find a location

**T** Ask your school if you can use a classroom/cafeteria/meeting room that would be comfortable for adults.

3. Find an instructor

**T** Check the Statewide Training directory for the list of classes and instructor names and phone numbers.

**T** Set the times and dates for the class with your instructor.

4. Download and fax the Class scheduling form off the web at:

[www.state.mi.us/mde/off/oss/training.htm](http://www.state.mi.us/mde/off/oss/training.htm) or call the Michigan Department of Education (MDE) 517-373-2077.

**T** Be prepared to give all your class information to Jane or Linda at the office. They need the information at least 2 weeks prior to the start of class. They will then publish it in the Food Scoop as well as handle all registrations and mail out class materials.

5. Call the districts in your area to let them know you have a class coming up and to register through

MDE.

6. Check Food Scoop registration forms and register your staff who are interested before the deadline.

<div>February 2002</div> <div>CALENDAR OF EVENTS</div> <div>CHILD NUTRITION PROGRAM</div>	<div>Michigan State Board of Education</div> <div>Kathleen N. Straus, President</div> <div>Sharon L. Gire, Vice President</div> <div>Michael David Warren Jr., Secretary</div> <div>Eileen L. Weiser, Treasurer</div> <div>Marianne Yared McGuire, NASBE Delegate</div> <div>John C. Austin</div> <div>Herbert S. Moyer</div> <div>Sharon Wise</div> <div>Thomas D. Watkins, Superintendent</div> <div>Governor John Engler, Ex-Officio</div>
February 2002	
10	January Monthly Claim Due
March 2002	
1	Cut-Off for December Monthly Claim
10	February Monthly Claim Due
22-24	MSFSA Conference

## Award for 25 Years of Service

Have you, or any of your employees, been actively and directly involved with the National School Lunch Program in Michigan for 25 years? Awards for 25 years of service will be presented at the Michigan School Food Service Associations Conference at the Grand Traverse Resort in Traverse City, Michigan on March 22-24, 2002.

**DETACH AND MAIL TO:**

Twenty Five Year Awards  
Dawn Harris  
School Support Services  
Michigan Department of Education  
P O Box 30008  
Lansing, MI 48909  
Fax (517) 373-4022

Please **Print Or Type** The Following Information:

SCHOOL DISTRICT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

The Following are celebrating their twenty-fifth year of service with the National School Lunch Program in Michigan (Public and nonpublic schools):

**PLEASE PRINT OR TYPE FOR CORRECT SPELLING ON CERTIFICATES:**

1. Name: \_\_\_\_\_ Service Years: \_\_\_\_\_

2. Name: \_\_\_\_\_ Service Years: \_\_\_\_\_

3. Name: \_\_\_\_\_ Service Years: \_\_\_\_\_

4. Name: \_\_\_\_\_ Service Years: \_\_\_\_\_

5. Name: \_\_\_\_\_ Service Years: \_\_\_\_\_

6. Name: \_\_\_\_\_ Service Years: \_\_\_\_\_

Honoree(s) **WILL** attend conference: 1.( ) 2.( ) 3.( ) 4.( ) 5.( ) 6.( )

Honoree(s) **WILL NOT** attend conference: 1.( ) 2.( ) 3.( ) 4.( ) 5.( ) 6.( )

\_\_\_\_\_  
Signed

\_\_\_\_\_  
Position

**DEADLINE: March 8, 2002**